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PHOTO ILLUSTRATION BY JONAH



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THINGS
TO
KNOW

Several Republican senators have criticized Trump.

President Donald Trump on Monday exhorted fellow Republicans to get tougher and fight for him, saying the Democratic-led U.S. House of Representatives wants to impeach him "as quick as possible" over his request that Ukraine investigate a political rival.

Trump made his comments during a White House Cabinet meeting as Democrats sought to build public support for their fast-moving impeachment inquiry and the administration pressed its efforts to stonewall a probe that threatens his presidency.

Few Republican lawmakers have shown an inclination to remove Trump from office. But Trump has come under sharp criticism from Republican Senator Mitt Romney.

And other Republicans have expressed misgivings about Trump policies, including criticism by Senate Majority Leader Mitch McConnell and Senator Lindsey Graham of his withdrawal of U.S. troops in northeastern Syria, exposing U.S.-allied Kurdish fighters to a Turkish cross-border offensive.

Approval of articles of impeachment in the House would prompt a trial in the Republican-led

Trump exhorts Republicans to 'get tougher' against impeachment inquiry



U.S. President Donald Trump speaks next to U.S. Secretary of State Mike Pompeo during a cabinet meeting at the White House on October 21. REUTERS

"They want to impeach. And they want to do it as quick as possible. And that's pretty much the story."

Donald Trump

Senate on whether to remove Trump from office. Trump is seeking re-election next year.

Asked if it is a foregone conclusion that House Democrats will vote to impeach him, Trump said that "they're not going to beat me in the election, so of course they want to impeach."

"They want to impeach. And they want to do it as quick as possible. And that's pretty much the story," Trump added.

"The Republicans have

to get tougher and fight. We have some that are great fighters, but they have to get tougher and fight, because the Democrats are trying to hurt the Republican Party before the election," Trump said.

Trump said the Democrats are "vicious and they stick together."

"They don't have Mitt Romney in their midst. They don't have people like that. They stick together," Trump added.

In an interview aired with "Axios on HBO,"

Romney denounced Trump's requests to Ukraine and China to investigate Biden, questioned Trump's character, criticized his decision to "abandon" Kurdish allies in the Syria war and deplored his hush money payment to an adult film star. Romney was the 2012 Republican presidential nominee.

Trump, a wealthy real estate developer, also said serving as president has personally cost him \$2 billion to \$5 billion dollars. Trump also expressed annoyance at having to reverse his decision to stage the Group of Seven summit in June at his Trump National Doral golf resort in the Miami area. His plan to host the international gathering at

a business he owns was criticized by Democrats and Republicans who said it gave the impression he was profiting from being president.

Acting White House budget director Russell Vought said both he and Michael Duffey, associate director for national security programs at the Office of Management and Budget, would not provide depositions to the committees leading the impeachment inquiry in the Democratic-led House.

Duffey had been scheduled to testify behind closed doors on Wednesday as Democrats scrutinize Trump's decision to withhold \$391 million in security aid to Ukraine before he asked its president to investigate former Vice

President Joe Biden.

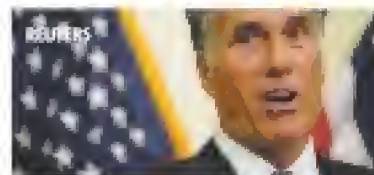
Other current and former administration officials have defied White House demands that they not cooperate with the inquiry, which threatens Republican Trump's presidency. Another round of crucial testimony is set for this week, including by Bill Taylor, the top U.S. diplomat in Ukraine, on Tuesday.

House Democrats released a fact sheet and video to try to make their case for impeachment, drawing on information already made public about the Ukraine scandal. The impeachment inquiry focuses on Trump pressuring a vulnerable foreign ally to interfere to his benefit in the 2020 U.S. presidential election by providing political dirt on Biden, a leading contender for the Democratic nomination to face Trump.

At issue is a June phone call in which Trump asked Ukrainian President Volodymyr Zelensky to investigate Biden and his son Hunter Biden, who had been a director of a Ukrainian energy company, as well as a discredited theory that Ukraine, and not Russia, interfered in the 2016 U.S. election. U.S. intelligence agencies and a special counsel have concluded that Russia used a campaign of hacking and propaganda to boost Trump's candidacy. REUTERS

'Pierre Delecto' Mitt Romney admits Twitter alter ego

Republican Senator Mitt Romney has admitted to using a secret Twitter account under the pseudonym "Pierre Delecto" to follow politicians, journalists and fan accounts for himself, Slate Magazine reported. Romney mentioned his use of the secret account in a profile published in the Atlantic on Sunday, referring to himself as a "lurker" for surreptitiously following the political conversation on social media. After a Slate reporter



identified Romney's secret account under the name "Pierre Delecto," Romney, who represents Utah, confirmed to the Atlantic that the account was his. "C'est moi," Romney said in confirmation over the phone, the Atlantic reported. Representatives for Romney were not immediately available for comment. REUTERS

Drugstore drones: UPS will fly CVS scripts to customers

United Parcel Service Inc.'s new Flight Forward drone unit will soon start home prescription delivery from CVS Health Corp. The service, which will debut in one or two U.S. cities in the coming weeks, shows how the world's biggest parcel delivery company is expanding the reach of its upstart drone delivery service beyond hospital campuses. UPS Chief Strategy and Transformation Officer Scott Price said the

Atlanta-based company, which owns 251 aircraft and charts nearly 300 more, said "Flight Forward will work with new customers in other industries to design additional solutions for a wide array of last-mile and urgent delivery challenges." UPS this month won the U.S. government's first approval to operate a drone airline, taking a lead over rivals like Amazon.com Inc and Alphabet Inc's Wing.

REUTERS

Russian group hijacked Iranian spying operation

Russian hackers piggy-backed on an Iranian cyber-espionage operation to attack government and industry organizations in dozens of countries while masquerading as attackers from the Islamic Republic, British and U.S. officials said on Monday. The Russian group, known as "Turla" and accused by Estonian and Czech authorities of operating on behalf of Russia's FSB security service, has used Iranian tools and com-

puter infrastructure to successfully hack in to organizations in at least 20 different countries over the last 18 months, British security officials said. The hacking campaign, the extent of which has not been previously revealed, was most active in the Middle East but also in Britain, they said. A senior British GCHQ official said the operation shows state-backed hackers are developing new attacks and methods to better cover their tracks. REUTERS



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REUTERS

Judge takes cautious approach to vape ban legislation.

A Massachusetts judge on Monday declined to immediately halt a ban on the sale of vaping products adopted after an outbreak of e-cigarette-related lung injuries, but he said the state must redo the ban and get public comment this time.

The ruling by Suffolk County Superior Court

Judge Douglas Wilkins in Boston was a partial victory for Republican Governor Charlie Baker, who through an executive order last month adopted the toughest sales ban of any state in response to the outbreak.

But Suffolk County Superior Court Judge Douglas Wilkins said Baker likely overreached his authority in issuing the order and said he would bar the state from enforcing the ban on nicotine-vaping product sales un-

less several defects were addressed.

Wilkins nonetheless concluded that immediately halting the ban as the industry trade group Vapor Technology Association wanted through its lawsuit challenging the Sept. 24 order "would contravene the public interest."

The judge gave Baker's administration until Oct. 28 to reissue the ban through an emergency regulation and said the state must also provide a chance for vape shops

Massachusetts vaping sales ban can stand but needs fixes: judge

[The Vapor Technology Association] regretted the ruling and would seek to block the ban, which the group has called an "existential threat" to the state's \$331 million nicotine vaping products sector.

Tony Abboud, Vapor Technology Association

and other members of the public to comment.

And Wilkins said nothing in his ruling would affect the ban's application to products containing THC, the psychoactive ingredient in marijuana, which is legal in the state, or black market products.

Lizzy Guyton, a spokeswoman for Baker, said his administration maintained the order was

properly issued and was exploring next steps.

Tony Abboud, VTA's executive director, said it regretted the ruling and would seek to block the ban, which the group has called an "existential threat" to the state's \$331 million nicotine vaping products sector.

At least 1,479 e-cigarette-linked lung injury cases have been reported nationally to U.S. Centers

for Disease Control and Prevention. It says most cases have been linked to products containing THC, particularly those obtained off the street.

In its lawsuit, Washington-based VTA argued that Baker's emergency order was an unconstitutional overreach and was arbitrary as it claimed to target youth vaping and the outbreak by banning all sales to anyone in the state regardless of age.

Several other states, including Michigan, New York, Washington, Oregon and Rhode Island, have recently moved to restrict sales of flavored e-cigarettes, saying they pose a health risk to teenagers.

Courts in New York, Oregon and Michigan have since put those states' bans on hold following lawsuits. **REUTERS**

ELIZABETH GRADY

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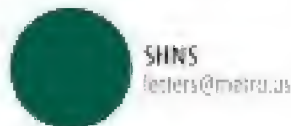
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Accident extends Orange Line shutdown into Monday commute

The overnight accident involved two pieces of construction equipment.



SHNS
festers@metro.us

The MBTA's planned Orange Line weekend shutdown spilled into the morning commute Monday, forcing thousands of passengers onto shuttle buses or already-crowded alternative trains.

Crews were unable to keep on schedule after an overnight accident "involving two pieces of construction

equipment," said MBTA spokesman Joe Pesaturo. One worker sustained minor injuries in the incident, and an investigation is in progress.

Orange Line service was shut down between Sullivan Square and Tufts Medical Center as of 9:30 a.m. Shuttle buses replaced trains between Sullivan and Haymarket. For downtown Boston service, the MBTA asked passengers to switch to the Green Line.

Pesaturo apologized for the disruption in service and did not provide an estimate for when trains will resume running normally, saying that track



Crews work on the MBTA Orange Line in Boston on Oct. 5, 2019.

GETTY IMAGES

replacement work "is expected to continue through the rush hour period."

Following a recommendation by Gov. Charlie Baker, MBTA officials have shut down

swaths of the network for weekends this fall to accelerate maintenance. Six straight

weekends of Orange Line closures started at the beginning of the month.

The Big Quiet brings mass meditation to Boston

The Big Quiet is ending its 10-city tour in Boston. The Big Quiet is a mass meditation that combines wellness and popular culture. The Big Quiet is part meditation and part concert.

On Oct. 27, The Big Quiet will host an event at the Boston Public Library. The experience will include breathing exercises, a mass sound meditation, crowd-powered vocal toning and even some special musical performances.

Instead of making meditation a single person activity, this event seeks to create a shared experience between the



Meditation in numbers at The Big Quiet

FELIX KUNDF

folks attending. The attendees range from non-meditators to practicing meditators. The move-

ment was started by a few friends in New York City. The groups of friends gathered in an apartment

about five years ago and the movement has continued to grow ever since.

A portion of the pro-

\$35

Tickets cost \$35, and include a Tuft & Needle meditation pillow. You can purchase your ticket at [Eventbrite.com](https://www.eventbrite.com)

ceeds from this event will go towards The Big Quiet's social impact partners, Kula for Karma and Chooose. Kula for Karma is a therapeutic meditation, yoga and stress management program to help those

recovering from issues involving mental health, trauma and addiction. Chooose is an organization focused on making CO2 reduction easy for all.

Additionally, some of the proceeds will go to The Fund for the Boston Public Library, which is the philanthropic branch of the library.

The event will take place on Oct. 27 at 7 p.m. at The Boston Public Library. Tickets cost \$35 and include a Tuft & Needle meditation pillow. You can purchase your ticket at [Eventbrite.com](https://www.eventbrite.com). BECCA GLASSER-BAKER



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A New Sex Pill Takes the Spotlight as the Viagra Patent is About to Expire

A patented pill costing less than \$1 a dose stands to help millions of men with failing sex lives; no prescription will be required

By Ray Wilson
Associated Health Press

AHP - A new sex pill is set to take the spotlight with the Viagra patent about to expire. But unlike the former, it won't require a prescription and is priced just under a \$1 a dose.

The new pill called *Vesele* is part of a new class of performance enhancers for men, which work instantaneously on the body and mind triggering arousal and firmer, harder erections.

Formulated with a special compound known as an "accelerator", *Vesele* can transport its active ingredients faster and more efficiently into the blood stream, where it begins to work its magic.

The patented ingredient blend initiates a process known as vasodilation, which causes arteries and vessels throughout the body to expand. This allows blood to flow directly to penis and genitals, resulting in harder erections which last longer. Cialis and Viagra are based around a similar concept.

But what makes *Vesele* so remarkable, and what these other sex pills can't do, is that also directs a small portion of this blood flow to the brain, which creates feelings of intense arousal. In laymen's terms, users become incredibly excited and turned on.

This is why the makers of *Vesele* say their pill has worked so effectively in clinical trials. It stimulates the two most important organs for great sex, the penis and the brain.

The Brain Erection Connection

Until now, medical researchers did not fully understand the brain-erection connection. It has now been made clear with *Vesele*. When both are supplied with a constant blood flow, men are harder and firmer for longer...and have unbelievable sex drives.

"Most of the research and treatment methods for men's sexual failures have focused on physiological factors and have neglected the emotional ones. For the leading sex drugs to work, like Cialis and Viagra, you need visual stimulation" explains Dr. Henry Esber, the creator of *Vesele*.

"And although they work for some men, the majority experience absolutely no fulfillment during sex."

According to research published by the National Institute of Health, 50% of men taking these drugs stop responding or can't tolerate their side effects...and on top of that they spend \$50 per pill and it doesn't even work half the time.

This is what makes *Vesele* so different and effective. It floods the blood stream with key ingredients which cause arteries all over the body

to expand. The patented accelerator speeds up this process even more.

The result is a rush of blood flow to the penis and brain, helping to create an impressive erection and a surging desire for sex. Often, this is all men need to get going. And when taken regularly, many men say they are energized and aroused all day."

Great Sex At Any Age

With the conclusion of their latest human clinical use survey trial, Dr. Esber and his team are now offering *Vesele* in the US. And regardless of the market, its sales are exploding.

Men across the country are eager to get their hands on the new pill and according to the research, they should be.

In the trial above, as compared to baseline, men taking *Vesele* saw a staggering 85% improvement in erection hardness over a four-month period. Their erections also lasted twice as long.

These same men also experienced an astounding 82% increase in the desire for sex (libido/sex drive) and an even greater improvement in overall satisfaction and ability to satisfy their partners.

Many men taking *Vesele* described feeling horny and aroused through the day. The anticipation before sex was amazing. They were also easily turned on. Their moods were more upbeat and positive, too.

Faster Absorption into the Blood Stream

Vesele is made up of three specialized ingredients; two clinical strength vasodilators and a patented absorption enhancer often called an accelerator. According to an enormous amount of clinical data, each is very safe.

Research shows that with age, many men lose their desire and interest in sex. They also struggle to produce an erection firm enough for penetration.

And although there are many theories as to why this happens (including a loss in testosterone) one thing is certain, inadequate blood flow is virtually always to blame. That's why sex drug manufacturers focus on blood flow, it makes your erection hard.

But what's more surprising, and what these manufacturers have failed to consider, is that lack of blood flow can also kill your sex drive. That's because blood supplies energy for the brain. This energy is required for creating brainwaves that cause excitability and arousal.

Studies show the *Vesele* stimulates the entire cardiovascular system, including the arteries that lead to both the brain and penis. The extreme concentration of the ingredients combined with the accelerator ensures that this process starts quickly.



Expiring Patent Opens the Door to a New Sex Pill: *Vesele* is a new pill that cost just \$1 a dose does not require a prescription. It works on both body and mind to increase arousal and erection hardness.

The sexual benefits of *Vesele* are also multiplied as its ingredients build up in the system over time. This is why many men take it every single day.

Recent Studies Show Positive Effects on Women

In the same study referenced throughout, *Vesele* was also shown to have an amazing (and somewhat surprising) effect on women too. That's because the same arteries and vessels that carry blood and oxygen to the brain and genitals are the same in men and women.

"In our most recent study, women taking *Vesele* saw a stunning 52% improvement in arousal and sex drive. Perhaps more impressive, they also experienced a 57% improvement in lubrication."

You can imagine why some couples are taking *Vesele* together. Everything feels better. Everything works better. Everyone performs better. It's truly amazing."

A New Frontier of Non-Prescription Sex Pills

With daily use, *Vesele* is helping men (and women) restore failing sex lives and overcome sexual let downs without side effect or expense.

Through a patented absorption enhancer, the *Vesele* formula hits the bloodstream quickly, resulting in phenomenal improvements in erection firmness and hardness. By boosting blood flow to the brain, users also experience sexual urges and arousal they often haven't felt in years.

Where to Find Vesele

This is the official release of *Vesele* in Massachusetts. As such, the company is offering a special discounted supply to any reader who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all Massachusetts residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-634-8122 and will only be open for the next 48 hours. Only a limited discounted supply of *Vesele* is currently available in your region.



What are the benefits of gardening for health?

According to a meta-analysis by Masashi Soga, Kevin Gaston and Yuichi Yamaura, who analyzed 22 studies on the issue, gardening could reduce depression, anxiety and stress. Keeping a garden also reduces cortisol levels, which is the hormone that is released due to stress.



Plant Parents: Plants become the new children

Animals are not the only ones that generate a whole culture around infancy – plants could also be treated like babies.

LUZ LANCHEROS MWN
letters@metro.us

There is a lot of buzz about how traditional families are transforming. Millennials, due to various economic and social factors, can not adapt to the models of previous generations (high price of housing, precarious labor market,

new forms of consumption, etc.), including, of course, delaying paternity or ignoring it at all and taking care of pets instead ... or plants. Plants?!

Yes, plants. In recent years, these have become as important as pets. In North America alone, earnings of the pet market are expected to grow up to \$281 billion by 2023, according to a study by Edge by Ascential. There are also specialized pages and Twitter accounts that provide all kinds of services to animals. And many people consider themselves parents of their animals,

calling them “children.”

Something similar happens with plants: those who love to take care of them are now “Plant Parents.” According to the latest report from the WGSN global macro-agency, it is a growing market with its own needs.

Excessive urban growth and the fact of living in an era of uncertainty make many millennials want to reconnect with nature and take care of plants



ALL PHOTOS ISTOCK

as a therapeutic method.

“This speaks of how the forms of consumption have changed. Before we were buying spices or aromatic herbs, now we are growing them at home to lower the expenses,” Mariale

“This speaks of how the forms of consumption have changed. Before we were buying spices or aromatic herbs, now we are growing them at home to lower the expenses.”

Mariale Pascua

Pascua, a consultant at WGSN, explained to Metro.

There are already people who define themselves as “Plant Parents.” Instagram already features more than 9,000 publications using the term and the images show all kinds of plants that grow in urban and small spaces. There are also specialized services on several websites to sow, grow and care for them, even with basic advice. And of course, you can find “Plantfluencers,” famous for cultivating them. For example, The Sill has 609k followers with a motto “#PlantsMakePeopleHappy.” The account shows plants in various spaces. There’s a portal on which they sell them and give tips on how to take care of them. Just like The Sill, there are several influencers who want to return green spaces and give knowledge to those who want to have their own plants, or ‘new children.’

Starcrawler are here to 'Devour You'

The exciting young band reach for the ceiling on their new album.



PAT KING
patrick.king@metro.us

The Los Angeles band Starcrawler is starving. If you've ever seen the band live, then you know that these young punks are hungry and determined to take over. Lead by the striking and dynamic front person, Arrow de Wilde — who is the daughter of famed rock photographer Autumn de Wilde and musician Aaron Sperske — with guitarist and vocalist Henri Cash, drummer Austin Smith, and bassist Timothy Franco, the band is making a big impression on the indie rock scene all while being under the legal drinking age. With their sophomore effort, "Devour You," the band has created an album that reaches for the ceiling while standing on its tippy-toes while trying to gain its balance on a step ladder. From start to end, it is all at once dangerous, thrilling and satisfying. You know, like how a great rock and roll album should be.

"We didn't have that



much time because we've been on tour for the past couple of years on our first record," says Cash about the recording of the record. "So basically our first break we had to write a whole record. And so we pretty much just stuck together and see where we were at and after doing a bunch of demos and it's kind of just what came out, all that constantly being gone and just wanting to perfect our live show too."

But to strike that balance is a tricky thing for most artists. As a band you want your albums to live on their own as a document separate from your live show. But if you go with the intention of decimating

your audience night after night, making an album that lives up to the live show can be a big mountain to climb for a band like Starcrawler. The band rips with efficiency onstage while de Wilde contorts and wails as if her life depends on it. That kind of ferocity is something you can't necessarily bottle.

"I wouldn't want a

record to sound completely raw or live, you know?" says de Wilde, whose thrilling and sometimes menacing stage presence makes Starcrawler such a captivating force to behold up close and personal. "You want [a] record to sound like a record. But also I wouldn't want it to sound too polished to where it's not us anymore."

The band was able to navigate these waters with a sort of aggressive grace on "Devour You." In some cases, this is the most aggressive and heavy material that the young band has committed to tape yet. Songs like "Toy Teenager" and "Tank Top" perfectly capture the restless punk energy of bands like X and the Fastbacks. But the album also shows a considerable growth towards expanding the band's sound, with touches of country-inspired songcraft on songs like "No More Pennies," which finds them veering towards the dangerous and sentimental swagger of the Stones in their prime '70s cowboy-soul worship.

"It was interesting because when it came time to record, those were just like the demos that I made for the country-ish demos because we'd just been listening

to a lot of country-ish bands. And I was actually worried that no one was going to like them because you know, it's a bit different," explains Cash with a laugh.

As the band has been constantly on the road, their unique sound and undeniable live show have attracted some attention from pretty high-profile fans like Elton John, Beck, Foo Fighters and Shirley Manson of Garbage. For such a young band, having such an upper-echelon group of fans from the rock community is something that de Wilde doesn't think she'll ever get used to.

"I can't imagine ever just getting used to like, Mick Jagger, liking the album. No matter who it is, it's never going to be on a first-name basis [laughs]."

Make sure to catch Starcrawler this Wednesday, October 23 at ONCE Ballroom, 156 Highland Ave., Somerville.

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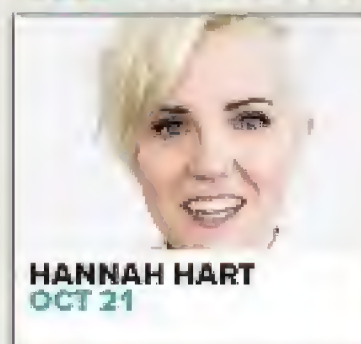
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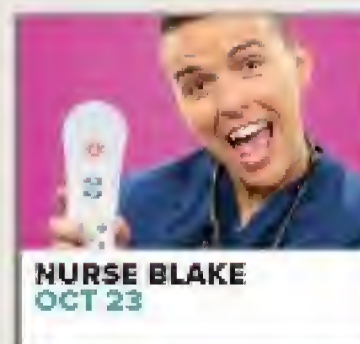
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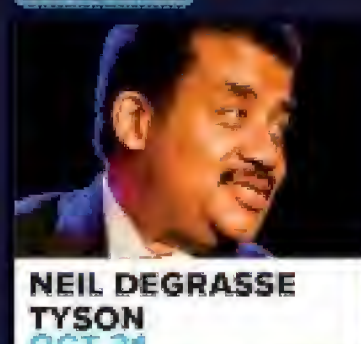


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"There's no place that is safe" - YANNIS PHILIPPAKIS

Metro chatted with the lead singer and guitarist of the British indie rock band Foals.

JAMES LEYFIELD MWVN
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Foals have experienced a more demanding 2019 than most bands. The British rockers released their fifth studio album, "Everything Not Saved Will Be Lost - Part 1," in March and just seven months later they are back with their sixth, "Everything Not Saved Will Be Lost - Part 2."

Fans should expect a much heavier follow-up record as the band release their pent-up "feral, rock energy" on the world, and frontman Yannis Philippakis pours his heart out about worldwide ecological and political perils.

Philippakis was just millimeters away from his guitar-playing days potentially being over last month when his cousin accidentally slashed his hand at a family gathering in Greece. But he will be playing again when the band tours next year.

We met up with the 33-year-old in a south London pub - where he wrote some of the record - to discuss his love of Sir David Attenborough documentaries and how he hopes the new record will inspire people to take better care of the environment.

Hi Yannis, how is your hand?

It was quite bad at the time but it's pretty much healed now. I had seven stitches across the fingers. I've got quite a lot of scar tissue I'm trying to soften up and I've got a bit of nerve damage in one of my fingers, but I can play guitar fine. If I had cut a tendon it would've been a big problem. I was lucky.

"If just one person out of 100 becomes more aware about the environment and about the precariousness of our situation then that's a good thing."

What do you feel about the release of "Everything Not Saved Will Be Lost - Part 2" following the great reaction to "Part 1"?

We always knew it was going to be an ambitious and demanding year or so, but it feels good to be on the cusp of releasing the whole picture. I feel like people have seen one half of a painting and we're about to unveil the other half - and it will finally all make sense.

"Part 2" seems to be much heavier than "Part 1." What was the reason for that?

"Part 1" was much more

a textured, observational, contemplative listen in certain ways, more dance-like. "Part 2" shows that other side of the band where it taps into that kind of feral, rock energy. It's more reflective of the current time.

Many of the lyrics touch on aspects of ecological turmoil and political upheaval. What do you hope "Part 2" will achieve?

I really want these records to be tethered in the here and now. Like, if you come back and listen to these records in 10 or 15 years' time they will be reflective of the anxieties of 2019. It's like the way we think of the Cold War now. It's hard to fathom how terrified people were of nuclear armageddon then because that threat has been diminished and there isn't a Cold War. One of the fulfilling things about the record is the discussions around the songs are more meaningful and pertinent to the current climate. If just one person out of 100 becomes more aware about the environment and about the precariousness of our situation then that's a good thing.

How concerned are you about the planet?

There's no place that is safe. That's something that's been in my mind. There's not somewhere you can go to escape the perils that we face. I'm glad Sir David Attenborough has gotten more involved in activism. I



watch his documentaries a lot and have done [so] since I was a kid. He is like the voice of God in the heads of a lot of British people.

How are you feeling about heading back on tour next year?

After this little break we will be raring to go. We've had quite a few discussions in the band about trying to tour more sustainably. We're doing carbon offsetting.

You've treated us with two albums in one year, but Foals fans are always hungry for more. When are you planning to write again?

I'm keeping a journal but not writing any music at the moment. We have a few months off coming up, so I might try to get into the studio and write



Foals. ALL IMAGES CONTRIBUTED

without any kind of brief. Just experiment a little. We still feel there are better songs to write, but I'd be surprised if we went straight back into the studio after the tour.

Foals have a new documentary, "Rip Up the Road," coming out in

November. How does the band feel about it?

We're a little terrified about it, actually. They got all access. It is going to be one hell of a thing. I've not seen it. I've only seen the trailer. When I looked at the trailer I thought, 'Jesus, that looks like fun.'

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SPORTS

2019-20 NBA season preview

The Larry O'Brien Trophy is up for grabs as the new NBA season kicks off tonight.



MATT BURKE
matt.burke@metro.us

Since 2016, NBA season previews have been about as boring as Bill Belichick on an apple picking excursion. Each fall the Golden State Warriors were absolute locks to win the title, as a 73-win team added arguably the best player in the game in Kevin Durant.

Finally the Warriors' reign is over, and now we have an unprecedented NBA landscape to start the season in which almost half the league believes it can win the NBA championship. Here are the teams that legitimately think they're in the title picture for 2019-20:

Clippers
Lakers
Bucks
Sixers
Rockets
Warriors

Jazz
Nuggets
Celtics

Nets
Trail Blazers
Raptors
Pacers
Mavericks

That's a whopping 14 teams in a 30-team league that believe they're already there or they're one piece away from winning it all!

We could see some record TV ratings this season with so many teams on the fringe.

NBA championship

The safe pick here is to go with the Clippers or Lakers to win the West and the Bucks or Sixers to win the East.

But to hell with "safe" in what should be the wackiest season in league history. Let's get wild!

People are sleeping on the Rockets a bit, considering that they've consistently been the best non-Warriors

team over the past five years. Year after year, the Rockets have been knocking on the door.

They essentially replaced old man Chris Paul with a guy in the prime of his career who won an MVP three seasons ago.

Remember that nearly every pundit thought that Daryl Morey and the Rockets were crazy to pair James Harden with Paul several years back, but that worked out swimmingly.

Bottom line is that Russell Westbrook is a better and younger player than Paul and Mike D'Antoni is an offensive mastermind that will be able to figure this thing out.

As for my East pick, I'm going to be a major homer here and say that the Celtics surprise people and come out of the conference.

The reason for this is not just because I believe Kemba Walker is just as talented a player

as Kyrie Irving, and not just because I believe Gordon Hayward is going to have the best season of his career, and not just because I believe Jayson Tatum is going to be an All-NBA selection this season.

The main reason why I'm so bullish on the Celtics is because of my faith in Danny Ainge.

The Celtics still have enough assets (namely the Memphis first-round pick) leftover to make a major move ahead of the February trade deadline. If Giannis Antetokounmpo and Joel Embiid are averaging around 85 points per game against the Celtics' big men early in the season (which they likely will), Ainge will be making a move for a defensive-minded big man at the deadline.

The Celtics' replacement for Al Horford simply isn't on the team's roster ... yet.

Finals pick: Rockets over Celtics in 7 games

Surprise, surprise

As mentioned earlier, I love the Rockets and Celtics to open some eyes on the championship level this season, but as for a lottery team that could sneak up and make it into the playoff picture? Let's roll with the Bulls. Chicago added North Carolina product Coby White with the seventh overall pick in the draft, added a veteran presence in Thaddeus Young and a starting-caliber point guard in Tomas Satoransky.

They also return Lauri Markkanen, Zach LaVine, Kris Dunn, Otto Porter Jr. and Wendell Carter Jr. Carter, the Bulls' seventh overall pick in 2018, is getting some major "Most Improved Player" buzz heading into the season.

Let's say that Chicago grabs the six or seven slot in the Eastern Conference playoff picture this coming spring.



The new NBA season kicks off this week with Kemba Walker in Boston and Kyrie Irving in Brooklyn.



ALL GETTY IMAGES



NBA predictions: 2019-20 MVP, ROY

Anthony Davis looks like the clear-cut favorite to take home the 'Most Valuable Player' award.



MATT BURKE
matt.burke@metro.us

This one is fairly easy, as Anthony Davis is a near lock to win this thing.

Davis checks all the boxes for MVP.

Does he have the potential for a career year statistically? Absolutely, considering he won't always be the focal point for opposing defenses for the first time in his career, opening things up for more points and more boards.

Does he have something to prove? Damn straight. He possesses the talent to be the best player in the game as we saw two years ago when he was putting up 30 and 15 almost every night down the stretch.

The whole debacle in New Orleans this past year put a black eye on his reputation, but it's time for Davis to remind everyone that — on the basketball court

— he can dominate this league.

Will he be on a team capable of winning over 60 games in the regular season?
Oh yes. This will be the first time in years that LeBron James will be giving it his all during the regular season as he has had six months of rest after the Lakers missed the playoffs.

LeBron also owes it to his Klutch Sports buddy to get him the MVP and not take one more for himself, considering how ridiculous things got last year with de facto Lakers GM Rich Paul sabotaging the Pelicans' season in an attempt to get Davis to L.A. a few months early. At this stage of his career, LeBron is smart enough to know that he needs Davis a lot more than Davis needs him.

As for some of the other MVP candidates, here are some quick hit answers on why they'll come up short:

Giannis Antetokounmpo

Voter fatigue is real (Giannis won it this past season), and 80 percent of the NBA national media is based in LA.

Steph Curry

Curry may put up some ridiculous numbers but there's a chance the Warriors don't even make the playoffs in the loaded West. You can't give the MVP to a player on a team with less than 45 wins.

LeBron James

For the first time in his career, LeBron is playing with a teammate that is better than he is. His stats will be phenomenal, but his points per game total won't be on the same level as Davis'.

Kawhi Leonard

"Load management" will take Kawhi out of the MVP running each and every year. Something tells me he's just fine skipping the regular season individual award thing and narrowing his focus on championship rings.

Rookie of the Year

If you're not betting on Pelicans star Zion Williamson to win ROY, you're either trying too hard or you're thinking his Nikes are going to explode again and he's going to get injured.

If you are of the belief that Zion is injury-prone, Ja Morant looks good as well.



Anthony Davis is poised for a monster 2019-20, which will be his first season with the Lakers.

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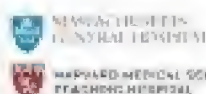


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NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Wilfred Dorlus and Micheline Dorlus to Mt. Washington Cooperative Bank, dated November 7, 2006, and recorded with the Suffolk County Registry of Deeds in Book 44235, Page 236, of which mortgage the undersigned is the present holder, as successor by merger to Mt. Washington Cooperative Bank, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 11:00 AM on November 5, 2019, at 22 Melbourne Street, Dorchester, Suffolk County, Massachusetts, all and singular the premises described in said mortgage.

TO WIT:

A certain parcel of land, with the buildings thereon now known as and numbered 22 Melbourne Street, situated in that part of Boston, Suffolk County, Massachusetts, formerly Dorchester, being Lot 49 on a plan by Henry C. Midram, dated October 5, 1912, recorded with Suffolk Deeds, at the end of Book 3680, bounded and described as follows:

WESTERLY: by Melbourne Street, thirty-nine (39) feet.

NORTHERLY: by Lot 49, on said plan, one hundred two (102) feet.

EASTERLY: by land now or formerly of New York New Haven & Hartford Railroad, thirty-nine and 46/100 feet;

SOUTHERLY: by Lot 47 on said plan, ninety-nine and 04/100 (99.04) feet.

Containing according to said plan, three thousand eight hundred ninety-two (3,892) square feet of land.

For title to Mortgage, see Deed recorded in Book 24931, Page 261.

These premises will be sold and conveyed subject to a first mortgage to World Savings Bank, FSB dated October 23, 2003, and recorded with the Suffolk County Registry of Deeds in Book 33168, Page 280, and subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax liens, water and sewer liens and any other municipal assessments or other public taxes, assessments, liens or claims in the nature of liens, or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Ten Thousand (\$10,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Perry Krumsiek LLP, One Boston Place, Suite 2600, Boston, Massachusetts 02108, within forty (40) days from the date of the sale. Purchaser will be required to sign a Memorandum of Sale at time and place of sale stipulating these and other terms of sale. Deeds will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

EAST BOSTON SAVINGS BANK

Present holder of said mortgage

By its attorneys

Perry Krumsiek LLP

One Boston Place, Suite 2600

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Docket No. SU19D1941DR

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

Lucy Nguyen vs. Nang Anh Nguyen

To the Defendant:

Suffolk Probate and Family Court

24 New Chardon Street, Boston, MA 02114

The Plaintiff has filed a Complaint for Divorce requesting that the Court grant a divorce for Irretrievable Breakdown of the Marriage under MGL Chapter 208 Sec 1B.

The Complaint is on file at the Court. An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. SEE Supplemental Probate Court Rule 411.

You are hereby summoned and required to serve upon: Stanley H Cooper, Esq., Law Office of Stanley H. Cooper, P.C., 124 Watertown St, Suite 2A, Watertown, MA 02472 your answer, if any, on or before 11/29/2019. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court.

WITNESS, Hon. Brian J. Dunn, First Justice of this Court.

[Signature]
Brian J. Dunn

Date: October 3, 2019

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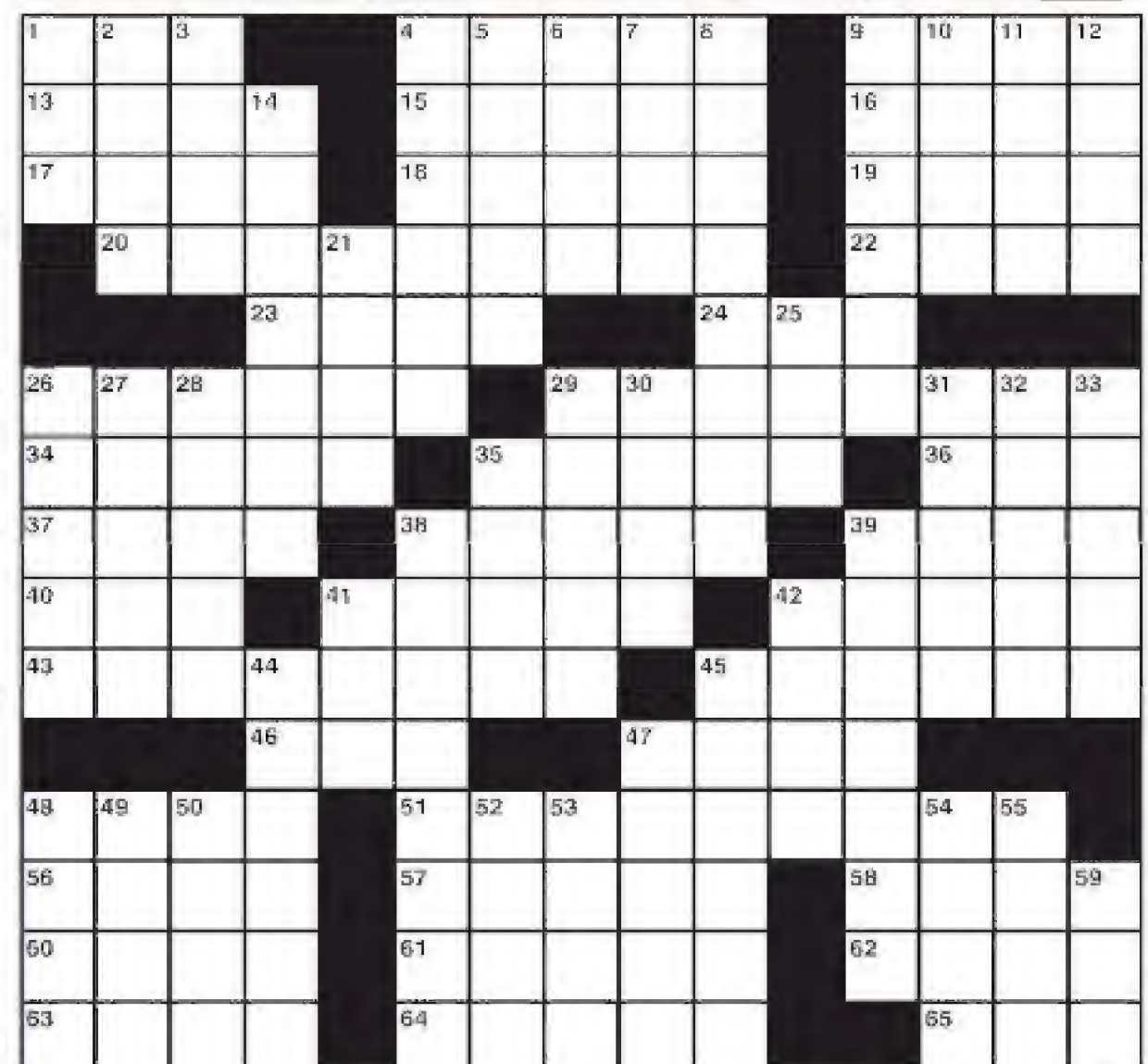
1 Chew the fat
4 Name for a Spanish girl
9 Symptom of athlete's foot
13 Student's ordeal
15 Excuse
16 Beard wearer
17 Waiter's offering
18 Soldier's gun
19 Unhappy
20 Divides
22 ___ tea
23 Walk with heavy steps
24 Word after ad or women's
26 Agree to take
29 Termite
34 Injections
35 Actor Jeremy
36 Hawaiian food
37 Tourette's symptoms
38 Fork part
39 ___ against; criticize harshly

40 Needless fuss
41 Lifting machine
42 Handbag
43 ___ for; trying to grab
45 Sews lightly
46 That fellow
47 "Nonsense!"
48 Davenport
51 Slapping cuffs on
56 Burden
57 In ___; weeping
58 Spanish boy
60 Throw
61 Bird of prey
62 Diploma holder, for short
63 Part of the leg
64 Velocity
65 Have debts

DOWN

1 Jewel
2 Lumberjack tools
3 Cause of distress
4 Pirate's bird
5 Epic poem by Homer
6 Elevator
7 Competent
8 White wine
9 Drink
10 Powder
11 Bit of evidence

12 Pay attention to
14 Miss Piggy & Kermit the Frog
21 Swiss skier's milieu
25 Part of TGIF
26 "___ Is Born"; Streisand film
27 Reprimand
28 Drink served warm
29 Mistaken
30 Sharpen
31 Take ___; disassemble
32 Din
33 Scrabble pieces
35 Middle East nation
38 Apes & lemurs
39 Hurrying
41 Greek letter
42 History
44 Pure; immaculate
45 ___ around; supervised harshly
47 TV's Milton
48 Foot covering
49 ___ even keel
50 Blow a ___; lose electricity
52 Gather crops
53 Hit the ceiling
54 Actor Robert De ___
55 Chew like a beaver
59 "___ on a Grecian Urn"

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4			3	1		6	2	
		2			6	7	3	

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Aries You'll learn a lot about your peers if you mix business with pleasure. Listening and observing will help you make a good case for your plans.



Taurus Refuse to let an emotional issue you have with a loved one or co-worker disrupt your concentration or ability to take care of your responsibilities. Don't choose sides; stay neutral.



Gemini Take care of personal business, domestic chores and family matters. A change at home should prompt you to stay in shape, eat properly and maintain a healthy attitude and lifestyle.



Cancer Participate in events that allow you to show off what you have to offer. Mix business with pleasure to gain ground at work and at home. Romance is featured.



Leo If you fail to live up to your promises, you will disappoint a loved one. Be willing and ready to support what's fair. Expand your knowledge and do your best.



Virgo A discussion will lead to answers and positive change. If you make plans to celebrate with a like-minded soul, it will bring you closer together.



Libra Consider your position and the changes you want to initiate. You have more options than you realize. Don't limit your potential due to a lack of confidence.



Scorpio Keep moving forward. Say less and do more. Be practical and put your emotions aside when dealing with people who can influence the outcome of what you are trying to achieve.



Sagittarius Stick to the facts. If you exaggerate, you will end up being interrogated by someone doubtful of your contributions. Slow down and choose your words carefully.



Capricorn Go over financial, legal or medical statements in detail. A joint venture isn't what it appears to be. Before you commit to anything, make adjustments that will protect your interests.



Aquarius Partnerships will be difficult if one or both parties isn't willing to compromise. Don't make promises you can't keep. Focus on how to best handle money matters.



Pisces Look over contracts, proposals or work-related matters carefully. Hidden costs will turn what appears to be a good deal into a money pit. You should avoid impulsive purchases. EUGENIA IAST

Yesterday's Answers

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M	O	R	E	A	L	L	I	E	B	O	N
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- Nov 16 **Dark Star Orchestra**
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- Dec 8 **The Irish Tenors**
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- Dec 14 **Martina McBride**
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